

Does The Toxicity Of Fructose Force The Body To Form Tumors?

By Joachim Bartoll | Dec. 12th, 2024

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Today we return to the shill- and misinformation website Medical News Today and another article to add to the confusion and misunderstanding of cancer and tumors. As it is the agenda of the elite, the medical field and medical “science” to deceive and keep people as unhealthy and weak as possible, it’s also the mission of websites like these to keep that deception going.

So, with these crucial facts in mind, let’s see what MNT put together this time.

“Fructose is the natural sugar found in fruits, as well as some vegetables and honey. When consumed from a natural source such as an apple or dates, fructose is not considered harmful to a person’s health.”

Please stop the deception of something “being safe” by using the word “natural” when referring to plants such as fruits or vegetables. Simply because something occurs “naturally” in something in nature does not make it safe or harmless. All plants are chemically different and very toxic to humans, and some can even kill almost instantly if consumed, and so can many animals in defense or while hunting, yet they are all natural occurring things in nature.

Plant Compounds Toxic to Humans

According to biology, biochemistry, and physiology, **plant compounds are inherently incompatible with human biology due to their chemical differences from compounds found in human cells.** This fundamental disparity renders plant compounds toxic to the human body,

Chemical Differences: According to biology and biochemistry, plants are chemically different from humans, which affects the bioavailability of their nutrients.

- **Bioavailability and Conversion:** The nutrients in plants are not readily bioavailable to humans, and the conversion process can lead to oxidation, which may cause harm to the body.
- **Toxic and Damaging Defense Chemicals:** Plants contain toxic and damaging defense chemicals, such as phytochemicals, which can have both positive and negative effects on human health.
- **Antinutrients and Heavy Metals:** Plants also contain antinutrients, which can interfere with the absorption of nutrients, and heavy metals, which can be toxic to humans in large amounts.
- **Pesticide Residues:** Additionally, plants may contain pesticide residues, which can be harmful to human health if consumed in excess.

In humans, fructose is mainly metabolized by the liver, depending on how much you consume. If you consume more than your liver can handle, remaining fructose will enter the bloodstream to be metabolized by other tissues that will take a lot of damage, such as the kidneys and skeletal muscle.

While the liver will metabolize fructose into glycogen, triglycerides, and pyruvate, some of it can also be turned into glucose and enter the bloodstream, especially when an excess of fructose is ingested and the kidneys have to step in and help out. Remember, glucose is toxic to all our soft tissues. So that is a double-trouble scenario. Especially considering that you seldom consume pure fructose on its own, you usually consume fructose as part of something that also contains glucose, starches or other forms of carbohydrates, all of which will be

broken down to glucose in the body, elevating blood glucose levels and causing great harm.

According to biological, biochemical, and physiological understanding, fructose consumption has detrimental consequences for the human liver. Prolonged and repeated exposure to fructose leads to cumulative damage, compromising liver function and overall health.

1. **Metabolic Disorders:** Chronic fructose consumption contributes to insulin resistance, obesity, liver disorders, and diabetes, placing a significant burden on healthcare systems.
2. **Fatty Liver:** Excessive fructose intake leads to decreased intestinal fructose clearance, resulting in increased delivery to the liver, fat accumulation, and metabolic syndrome.

In summary, repeated consumption of fructose has been recognized as harmful to the human liver, with mechanisms involving fructolysis, phosphorylation potential reduction, and enzyme inhibition. This cumulative damage can contribute to various metabolic disorders and liver dysfunction, highlighting the importance of moderate sugar intake and balanced nutrition.

Consuming carbohydrates and blood glucose levels rising above normal levels as maintained by gluconeogenesis can cause damage to soft tissues.

Elevated blood glucose levels can lead to a range of serious complications, including:

- **Heart Disease:** High blood glucose levels can damage blood vessels, increasing the risk of heart disease, heart attacks, and strokes.
- **Nerve Damage (Neuropathy):** Prolonged exposure to high blood glucose can damage nerves, causing numbness, tingling, and pain in hands and feet.
- **Kidney Disease (Diabetic Nephropathy):** Uncontrolled blood glucose levels can damage kidneys, leading to kidney failure and the need for dialysis.
- **Gum Disease (Periodontitis):** High blood glucose levels create an environment conducive to bacterial growth, increasing the risk of gum disease and tooth loss.
- **Dementia:** Research suggests that elevated blood glucose levels may contribute to the development of vascular dementia, a type of dementia caused by decreased blood flow to the brain.
- **Mood Disorders:** High blood glucose levels have been linked to an increased risk of depression, anxiety, and other mood disorders.
- **Eye Problems:** Prolonged hyperglycemia can damage blood vessels in the eyes, leading to conditions such as diabetic retinopathy, cataracts, and glaucoma.

In other words, the origin of fructose does not matter. It's still poison, it's still damaging to human physiology. And if you consume a lot of it, there will be enormous amounts of damage, including that of which is converted into glucose. This is basic biochemistry.

The only reason sources such as apples or dates are not considered harmful, is because you do not consume a lot of them in one sitting, and not every day. An apple only contains 11 grams of fructose, and the liver will be saturated at about 100 to 150 grams. However, most scientists have concluded that a fructose intake above 50-60 grams a day will ultimately lead to fatty liver and metabolic disorders. So, while 11 grams will do damage, the damage will increase in proportion to how much you ingest, and especially if you saturate your liver

(main reason for fatty liver disease.) That is why the focus is on additives used in processed foods, such as fructose powders and high-fructose corn syrup.

Research suggests that consuming excessive amounts of fructose, particularly above 50-60 grams per day, can increase the risk of developing fatty liver and metabolic disorders.

Research in biology, biochemistry, and physiology has demonstrated that even moderate consumption of fructose can have adverse effects on the human liver. Specifically, **daily intake of as little as 10 grams of fructose has been shown to cause liver damage**, which can accumulate with repeated consumption.

“However, when fructose is consumed as part of high-fructose corn syrup via processed foods like soda and packaged baked goods, then it can become a health concern.”

It’s still the same thing. That fructose is metabolized in the same way as fructose from fruits or vegetables (such as artichoke, asparagus, broccoli, leeks, mushrooms, okra, onions, peas, red pepper, shallots, and tomato products.)

The difference is that fructose food additives are much more readily available and often in much larger quantities as it’s found in most processed foods, bakery goods, ice cream, candy, and especially in sodas, energy drinks, and so on. People that are oblivious to human nutrition and eat whatever they can find at the supermarket (the typical modern diet) will be flooded by fructose, easily surpassing the 50-60 grams on a daily basis. And that is a very, very bad thing for their health and their liver. Heck, even 10 grams a day will accumulate damage over time and can cause liver damage, as proven.

“Past studies link the consumption of fructose or high-fructose corn syrup to an increased risk for Alzheimer’s disease, type 2 diabetes, fatty liver disease, kidney disease, and cancer.”

Keyword is ‘fructose.’ And it’s not only fructose, although a contributing factor, anyone who consumes a lot of fructose will also be consuming a lot of carbohydrates in general, surely a lot of extremely toxic seed/vegetable oils, and foods that contain a lot of other toxins, including man-made artificial chemicals and the natural and highly toxic and damaging antinutrients and defense chemicals only found in plants.

It’s simply the diet and the lifestyle that “increases the risk” of all these “diseases.”

“Fructose occurs naturally in some fruits and vegetables — so humans have always been exposed to it,” Gary Patti, PhD, the Michael and Tana Powell Professor of Chemistry, Genetics, and Medicine at Washington University in St. Louis, told Medical News Today.”

Who is this clueless imbecile? No Gary Pathetic, or whatever your name is, most of humanity has not been exposed to fructose in any significant amounts. Most fruits are not available in the northern hemisphere, and most fruits and vegetables that exist today are man-made through interbreeding and cultivation, thus they did not exist a few hundred years ago. And the few fruits and edible plants that existed hundreds or thousand years ago were completely different from today’s science experiments. The edible plants back then had very little fructose and starches, as in carbohydrates compared to their weight and compared to today. Also, they were much smaller and tasted really bad and bitter, so if you were desperate or stupid to consume them, you could not stomach more than a handful at most — and thus you likely got less than 10 grams of fructose.

Almost all vegetables today have undergone significant cultivation and genetic modification by humans. While natural processes like cross-pollination and hybridization have occurred, human intervention has accelerated and directed these changes.

According to biology, physiology, and biochemistry, naturally occurring edible plants before cultivation and cross-breeding were scarce and had several limitations. These plants were generally smaller, less nutritious, and had a bitter taste. Additionally, they contained more indigestible and harmful fiber, making them difficult for humans to consume.

I debunked all this plant-nonsense in my article *“The Sattvic Diet — A Deadly Modern Vegan Construct With No Historical Basis.”*

“What has changed over the past four to five decades is that we started using it as an artificial sweetener in processed foods. As a result, many people are exposed to much higher levels than ever before. It is important to understand what impact this has on human health, he added.”

That is a very simplistic and dumbed down explanation. Fructose is not that sweet, neither is refined sugar that is 50% fructose (and 50% glucose.) It was added because it was dirt cheap, it enhances flavor and is addictive, and of course very toxic, damaging the body through several mechanisms, thus following the agenda of keeping the population weak, docile, tired, dumbed-down, compliant, dependent, and ridden with symptoms of detoxification and healing, as in “diseases” that they also could profit from through the inverted and evil medical field (“health care”) and pharmaceutical industry.

“It has been well established for over a century that cancer cells are addicted to glucose,” Patti said. We take advantage of this in the clinic all the time. Patients are given a radioactive form of glucose that shows up in PET scans. Because cancer cells take up more glucose than most other healthy cells, they light up in the images.”

No, the cancer cells, as in the tumors that seem to metabolize glucose more rapidly and efficiently than other cells are not “addicted” to anything. That is a

perfect example of backwards thinking and extreme ignorance of biology and physiology. The cancer cells, as in tumors, that metabolize glucose effectively are the natural result of chronically elevated blood glucose levels. It's your body's last line of defense to keep you alive, as elevated blood sugar destroys all soft tissues, including organs and even your brain! If your body can't neutralize and bring down blood glucose to acceptable levels after you have consumed carbohydrates (sugars) you will die! And as your body is being slowly destroyed by all those carbohydrates and especially fructose, it has no other option than to form new cells that are better at metabolizing glucose, as in these types of cancer cells. Hence, the development of "cancer" is a natural survival mechanism. Cancer is actually saving your life, at least for the moment, giving you a chance to stop what you are doing, as poisoning and destroying your body by consuming that crap. However, if you ignore your body's efforts to keep you alive and you do not remove the offender, the cause of your body resorting to developing cancer cells, the damage will continue and the tumors might get so big they become a burden instead, especially if they are located close to organs or other vital tissues. And at that stage, you might not be able to recover.

Based on physiological and biological principles, it is established that certain cancers, specifically tumors, can arise as a response to the body's attempt to regulate repeatedly elevated blood glucose levels. This phenomenon involves the formation of tumor cells that are better equipped to process glucose, thereby aiding in glucose control and metabolism.

Mechanisms

1. **Glucose-induced stress:** Prolonged hyperglycemia (elevated blood glucose) can cause cellular stress, leading to the activation of stress response pathways.
2. **Epigenetic reprogramming:** This stress response can trigger epigenetic changes, such as DNA methylation and histone modifications, which reprogram cellular metabolism to prioritize glucose uptake and processing.
3. **Tumor cell formation:** As a result, cells with enhanced glucose metabolism capabilities emerge, potentially driven by the expression of glucose transporter proteins (e.g., GLUT1) and glycolytic enzymes (e.g., hexokinase).
4. **Tumor growth and maintenance:** These glucose-optimized cells can form tumors, which, in turn, promote glucose uptake and metabolism to sustain their own growth and survival.

Again, that is not the fault of the body or the cancer, as these are natural processes driven by the internal milieu that you have created, so that is your own fault.

I've covered all this in my previous articles on cancer, it's extremely simple and logical, yet very few people understand this even though it's well documented in biology and physiology.

For more, please read *“My Take on Cancer, Prevention, and Healing,” “Cancer is a Natural Survival Mechanism (Early-Stage Cancer Detection),” “Everything Wrong With Breast Cancer Treatment,” “Cancer Explained (Again) And Breast Implants And Cancer,”* and *“More On Cancer: Lying Statistics, Breast Cancer, Early-Onset Cancer, And Alcohol.”*

“Upon analysis, Patti and his team found that the body’s liver converts fructose into a type of lipid called lysophosphatidylcholines (LPCs), which are associated with inflammation.”

Lysophosphatidylcholines (LPCs) are mainly formed in the human body through the hydrolysis of phosphatidylcholines (PCs) by enzymes having phospholipase A1 activity. Phosphatidylcholines (PCs) are a class of phospholipids, which are essential components of biological membranes in the human body. They are the most abundant phospholipids in mammalian cellular membranes, accounting for 40-60% of the phospholipid content.

And enzymes with phospholipase A1 activity have been identified among brain enzymes, liver enzymes, and mitochondrial enzymes. In other words, LPCs can be formed in pretty much any tissue as needed, and especially in the liver.

So, what is the main function of LPCs? LPCs are present as minor phospholipids in the cell membrane and in the blood plasma, indicating their role in maintaining cellular membrane structure and function. They are also needed for cell proliferation and migration and cytokine production, as in a healing response.

Phosphatidylcholines and LPCs: According to biology, physiology, and biochemistry, phosphatidylcholines play a crucial role in maintaining membrane structure and function. Lysophosphatidylcholines (LPCs) are a product of phosphatidylcholine hydrolysis. During healing and inflammation, there is an increase in LPCs, which is thought to be related to the role of LPCs in cellular phospholipid homeostasis and the generation of important lipid mediators in response to inflammation.

In other words, when there is damage to cellular tissue and/or to the blood itself, your body will produce more LPCs to aid in healing. And since fructose is very toxic and the conversion and storing process in the liver is also damaging, it will of course produce more LPCs to repair that damage. Also, the liver does not really “convert” fructose into LPCs, the liver simply upregulates the production of LPCs to remedy the damage done by consuming fructose. And as you know,

inflammation is simply the manifestation of healing. It's not a bad thing, it's an indication of damage and the body's response to that damage, as in trying to heal it and expel toxins and other harmful compounds from that area.

Fructose and Liver Damage Response

Healing Process: When the liver is stressed and damaged due to fructose consumption, the body initiates a healing process.

- **Upregulation of Phosphatidylcholines:** This process involves the upregulation of phosphatidylcholines, which are a type of phospholipid that plays a crucial role in cellular membrane structure and function.
- **Role in Healing:** The upregulation of phosphatidylcholines aids in the healing process by helping to repair and restore the damaged liver cells.
- **Fructose Metabolism:** The metabolism of fructose in the liver involves the conversion of fructose into fructose-1-phosphate, which is then split into glyceraldehyde and dihydroxyacetone phosphate.
- **Impact on Liver:** Excessive fructose consumption can lead to an accumulation of these metabolites, causing damage to the liver and triggering an inflammatory response.
- **Healing Response:** The upregulation of phosphatidylcholines is part of the body's natural healing response to liver damage, helping to mitigate the negative effects of fructose metabolism and promote liver recovery.

So, saying that LPCs are associated with inflammation actually means that they are needed in the inflammatory healing response as part of the detoxification or healing.

“When cancer cells divide, they require a large amount of lipids. Having a larger amount of LPCs in the bloodstream aids cancer cell replication, thus helping tumors grow.”

Yes, as I explained, LPCs are used in the proliferation and migration of any cells, be it healthy normal cells or cancer cells. However, that is not a bad thing, that is their natural function. And cancer cells will need to multiply if you continue to expose your body to the same toxic load, so they can assist in either shielding off these toxins or metabolizing them. So, seeing cancer cell division or growth is simply your body trying to save your life as you are still exposed to what is causing deadly harm to your body. This is not something you want to stop or interfere with, that would be incredibly stupid. You need to stop the toxic exposure, the thing that is actually hurting your body. That is child-level logic. Yet, the medical field is too dumbed-down, indoctrinated, and profit-driven to acknowledge these extremely simple facts.

“When you eat an excessive amount of food, your body converts it into fat,” Patti explained. “That is your body’s way of storing energy. High levels of dietary fructose induce a similar process. The fructose is converted into a precursor of fat in the liver, called lipids. Those lipids can then feed the tumor.”

No, they do not “feed” the tumor. The glucose from all carbohydrate sources, including fructose, that breaks down to glucose is causing extreme damage to all soft tissues and tumors are formed to help in metabolizing all that glucose as most cells are already malfunctioning (as we see with “insulin resistance” and

diabetes.) Forming tumors is the body's last desperate measure to save your life, to give you more time to turn things around and stop poisoning the body.

“Cancer cells are unique from most other cells in the body because they are rapidly dividing, which is what allows tumors to grow larger,” he continued. “For a cancer cell to divide into two, it has to make a new set of cellular contents. That requires a lot of nutrients, which ultimately come from the diet. It is therefore intuitive to imagine that dietary modifications could influence the process of tumor growth.”

No, you are trapped in your infantile backwards-thinking. You do not stop tumor growth by restricting all the essential nutrients needed to form and build new cells, that would mean starvation and ultimately death for the subject. That's insane.

Cell Proliferation and Cancer: According to biology, physiology, and biochemistry, attempting to stop cancer cell division by restricting all necessary nutrients for cell proliferation is not a viable approach. This method would lead to starvation and ultimately death, as it would deprive not only cancer cells but also healthy cells of essential nutrients.

You stop and actually reverse tumor growth by stopping the toxic exposure that forced the body into forming those tumors in the first place. As for tumors that seem to metabolize glucose at a higher rate, that means removing all carbohydrates from the diet and returning to our natural ketogenic human diet of only animal-based foods, preferably a fully carnivore diet. That is how I reversed my cancer and my tumors, including the one who occupied one third of my left leg! And that is how I've helped several other people with cancer who the medical community had given only months to live unless they succumbed to their idiotic

treatments that could give them a couple of months more. Well, they are all well, living and thriving, several years later, all due to actually removing the toxic load and giving their bodies the animal-based nutrition it needs to heal.

Tumor Formation and Reduction: According to biology, physiology, and biochemistry, tumors are formed to shield off toxins or to aid in glucose metabolism. The process of glycolysis, which is the breakdown of glucose to produce energy, is a key aspect of glucose metabolism. In cancer cells, glycolysis is enhanced, even in the presence of abundant oxygen, a phenomenon known as the “Warburg effect”. This increased glucose metabolism can lead to the accumulation of toxic by-products, such as reactive oxygen species (ROS). To reduce tumors, it is essential to remove the toxic load and/or remove the carbohydrates that are turned into glucose

“We’ve been suspicious for quite a while that certain food supplements such as sweeteners and processed food increase the risk of getting cancer, but we’ve never really known the mechanism,” Bilchik, who was not involved in the research, pointed out.”

You don’t understand the mechanisms? Wow, are you all that stupid, seriously? It’s the toxic load, the accumulation of damage that forces the body to form these tumors. And all processed foods and chemicals are toxic, contributing to this toxic load and pushing the body past its limit where tumors are formed as a last stance, as a last fighting chance to survive and turn things around.

Based on biological and physiological understanding, cancer and tumor formation can be seen as a response to environmental stressors, such as toxins and high blood glucose, which can be damaging to essential tissues. In this context, tumors may serve as a protective mechanism to encapsulate and shield vital tissues from these harmful substances.

According to physiological and biological principles, **some cancers, or tumors, arise as a result of the body's attempt to encapsulate and shield itself from toxic substances.** This process involves the formation of a tumor mass, which acts as a physical barrier to prevent further tissue damage.

And you cannot point out a specific food additive or compound as an increased risk factor of getting cancer because they all are toxic, all of them are risk factors. And that is why some people can consume a lot of a certain compound that these imbeciles have associated with cancer and still not get cancer, because that individual's total toxic load is still manageable by the body. However, someone who consumes a lot of carbohydrates and toxins from processed foods while not getting enough essential nutrients from animal foods will quickly develop health issues and if ignored and they continue on the same path, tumors will form.

Actually, in some cases you will not even notice any direct health issues because your body is so toxic and/or stressed and likely malnourished that no real detoxification or healing can take place, there's simply no resources available, and that will really accelerate the formation of tumors. This is very common in elite-level athletes as all the resources of the body goes into recovering from the abnormal amount of physical exercise and damage while usually consuming a very toxic diet high in carbohydrates, plant-based foods and extremely toxic supplements (and even drugs.) And comically, people are shocked when these seemingly "healthy" people are diagnosed with cancer or cardiovascular disease, or both. Jeez.

Tissue Damage and Detoxification: Excessive exercise can cause significant tissue damage, which may lead to the depletion of the body's resources. Normally, these resources are utilized for detoxification processes, helping to eliminate harmful toxins from the body. However, when the body is subjected to excessive physical stress, its priority shifts towards repairing the damaged tissues, potentially diverting resources away from detoxification.

Consequences of Impaired Detoxification: The accumulation of toxins in the body can have severe consequences. One potential outcome is the formation of tumors, which can develop as a mechanism to shield off these toxins. This is because the body may attempt to isolate and contain the harmful substances by forming a tumor around them, preventing further damage to surrounding tissues.

Biochemical and Physiological Implications: From a biochemical and physiological perspective, excessive exercise can disrupt the body's delicate balance, leading to a range of negative consequences. The depletion of resources required for detoxification can impair the body's ability to remove harmful substances, potentially leading to the development of tumors. Additionally, the tissue damage caused by excessive exercise can trigger a cascade of inflammatory responses, further exacerbating the situation.

“Fructose is in so many food products that we eat, and we’re now seeing a massive uptick in young people being diagnosed with certain cancers, such as

colorectal cancer, and that is being linked to processed food,” he continued.”

While fructose is really bad, all these foods are ridden with toxic chemicals, seed/vegetable oils and other vile compounds. It's the overall toxic load and the nutrient deficiencies you develop from replacing real food, as in animal-based foods with these processed garbage items that is the problem — what is causing “cancer.”

As for the rise of colorectal cancer, I covered that in my article “*Colorectal Cancer is Rising in Young Population due to Modern Diet/Plants*,” and also, on the subject, in my “*Cancer On The Rise In Young Population — And Obesity Does Not Play A Role In Cancer*.”

After this MNT goes into how you can reduce fructose intake, which should be obvious. However, fructose is only one culprit of many thousands. So, to be healthy, remove all processed- and all plant-based edibles. Remove everything that is not natural for a human, everything that is not species-appropriate. It's that simple.

If you have been diagnosed by cancer, or know someone who has been, please read this again and all the linked articles. Apply some common sense and logic. Look into biology, physiology, and biochemistry and simply identify the offenders and remove them. Then make sure to consume as much animal-based food as possible, and you, or the person you care about, will start to recover. If you need more help or guidance, you know where to find me.

If you need help with any kind of health problems or transitioning from your current way of eating to our natural species-appropriate, species-specific way of eating, I'm available for both coaching and consultation.

Coaching and Consultation

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